

**QC**

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# WHAT TRUTH SOUNDS LIKE

LINDSAY KNIGHT TURNS POETIC RHYMES INTO POWERFUL MUSICAL MESSAGES AS ECKWOL **P. 7**

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## # PARENT TO PARENT

*(Each week QC gathers advice from parents to share with other moms and dads. This week we asked:**How do you make sure you're not spoiling your child?**"There is a difference between spoiled and spoiled rotten."**—Nicole M via Twitter*

*"Ask yourself this: What is your best childhood memory of Christmas? And answer it before you read on. Most people answer this question with an inanimate object or a person. My favorite memory of Christmas was tabbagging with all my cousins at my grandma's house. Not many people answer this question with the time that they received a certain gift. Now what does that tell us? It's not the gifts that really matter; it's the love and experience. Just this lesson alone has taught me to look down the gifts and to focus on giving your love and time."*

*—Shelley Stahl Heuchert*

*"The children are taught to be thankful for what they have, and are encouraged to donate clothes and toys that they no longer use to kids that don't have anything."*

*—Cari Concha*

*"I will admit, I spoiled my little five-year-old a bit...this is the period of his life when Christmas is the most magical. I love that he believes in Santa! He has so much fun with that! However, this is also a great age and an opportunity to teach your kids about helping and not being too greedy. Families get greedy and compassion of it all always slips away. Ask your child to donate something of their Christmas list to a child who doesn't have many toys...I bet you they will!"*

*—Lisa D.*

*"If our kids start to not act happy or interested when they receive something, we just stop wrapping things. This is when we do more home made crafts and games to pass the time. You can never spoil your kids by loving them too much."*

*—Alana Combschick*

*"Every time children ask for something you do not have to give in. Treats and special events should be a motivation or otherwise, then start expecting it all the time."*

*—Crystal Robertson**"It's hard not to spoil your boys but the big thing*

*for me is no matter how often I always give them what they want...that's what grandparents are for!"*

*—Michelle Goodrich*

*"Everytime we try to look a really nice long list up to Pinterest's 5th Village during the February break. My boys are well aware of how costly that can be so when we ask them if they would rather have (cash, expensive gifts or the family sit like they always ask the list) that they don't. An without by any means but Christmas gifts usually are external items that they need based on the need (clothes, shoes, jackets or toys for the upcoming school year). Spend that because of this. They have more fun with all the family coming together for a big gathering. My youngest always tells me that is the best part about Christmas!"*

*—Jenna W.*

*"Simple. Say NO and stick to it. Love and attention goes along shared freely, but when it comes to having the best games and toys around, we refused to lend up with the Janelles."*

*—Jody B.*

*"Honestly I do think they've spoiled our children a little too much. My kids have too many toys and we take them to a lot of places. We try to balance this out with ensuring they help with chores around the house and that they do their school work. However, I still think they are spoiled much more than we were because that is the world we now live in."*

*—Nikki Myleigh*

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Algor Lindsay Knight's music fuses indigenous history with the present. QC PHOTO BY MICHELLE BERG

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## # MY FAVOURITE PLACE P. 5



There isn't anything significantly unique about the studio where Dan Burtch finds his way to allow an *EQ* Radio, but his love for the job makes this soundproof room his favourite place in Regina. QC PHOTO BY ANDREW MATTHEWS

## QC COVER PHOTO BY MICHELLE BERG

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# IN THE CITY

# NOVEMBER 24, 2013 — 9:50 P.M.

## Celebration time on Green Mile



Fans poured onto the Green Mile on Albert Street to celebrate the Saskatchewan Roughriders' victory in the 101st Grey Cup held in Regina on Sunday. The Riders beat the Hamilton Tiger-Cats 45-22. GO PHOTO BY BRIAN SOMMERICH

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# # MY FAVOURITE PLACE

## Ordinary place begets extraordinary enthusiasm

By Andrew Matto

When Regina's Dan Replich describes his favourite place, he spends no time describing the colour of the walls or placement of furniture. Instead, he hawks about his job and the people he works with in host of CBC Radio's Saskatchewan Weekend. Since though this radio studio in the CBC Regina building isn't much more than a desk surrounded by a bunch of technical equipment, it's his favourite place because, as he describes, "it's where the magic happens," every Saturday and Sunday morning.

**Q: Where's your favourite thing about this studio?**

**A:** The fact that it's soundproof and that I can yell as loud and nobody can hear me is tremendous.

**Q: What's unique about the studio?**

**A:** There is absolutely nothing about this room that is what it seems that it is a person's day. There's nothing about it that would be a reason why anyone would like it other than the fact that I have it a little cooler than some people like — mostly comes from the cold. That's why so many Canadians are great writers and actors.

**Q: How can an ordinary place be your favourite?**

**A:** This studio is my favourite place because of (how) I am afforded the opportunity to do what I do, which is communicate with people, tell their stories and share them with people across the province.

**Q: Where do you keep your personal stuff?**

**A:** My desk has all the personality.

**Q: This doesn't look like the studio from the old sitcom WKRP in Cincinnati.**

**A:** We still have a turntable in here and we still have a CD player. But everything now comes from the computer.

**Q: Do you like that you work on the digital world instead of using tape to prepare your material and records to play music?**

**A:** The digital archiving stuff makes it easier, but I have physically turned up hands on things — I could give you a thousand 'I remember when I first started in this business'



There isn't anything especially unique about the studio where Dan Replich hosts his weekly show on CBC Radio, but his love for WKRP makes this Saskatchewan room full of friends and catches his favourite since in the Queen City. **Q: Where is Andrew Matto?**

stories, but technology has made doing the show easier. But it's had tremendous effect on the entire communications and news industry.

**Q: Why do you like your work so much?**

**A:** I absolutely love my show. I have been all over the province doing unique stories from all over Saskatchewan — it's a working conversation that affords you the time to have meaningful conversations with people. And that part of it is cool — as much as we bring in people like actress Ricki Morneau or Ed Robertson of the Horneback Ladies for the Timmers of Saskatchewan, we're here talking Saskatchewan

stories. And that's what we're responsible to do.

**Q: How many people work on Saskatchewan Weekend?**

**A:** I'm the only one who works on the show. So on the weekends other than guested. They call, I'm the only one here. On Wednesday, Thursday and Friday I produce it and prepare for it. And on Saturday and Sunday I host and perform it.

**Q: How long have you been doing the show?**

**A:** We just celebrated 10 years. Saskatchewan Weekend debuted on the Labour Day weekend 2003.

**Q: What do you say about criticism of the CBC? And do you ever feel your show is in jeopardy because of funding cuts?**

**A:** The government is going to do what they feel is right. But I can only produce my show until somebody tells me not to. Am I ever right? We live in the 21st century where there isn't a lot of people who wake up every morning and know that they are not guaranteed a job a year from now. And I am one of those people.

**Q: That doesn't bother you?**

**A:** I don't let it keep me up at night. I'm a glass is three-quarters full person.

## INVENTORY

**We want to hear from you:** Tell us about your local business.  
Email [qc@leaderpost.com](mailto:qc@leaderpost.com)

• 595 FOOD STORE

Inside a colourful freezer flashing the names of popular ice cream brands: Pops, Pops and Healthy Choice, Gourmet. Scoamers are displayed next to Tawamaw, hot pot, etc.

At 698 Food Stores, a new grocery store in North Central, the co-owners goal is to serve the community while introducing Canadians to healthy, delicious Taiwanese food.

Jingjing Xu and Yu Lin Shen moved to Canada two years ago with their wives and children. They immediately began learning English and looking for the perfect location to open a store, which they found in April.

Un-thought about just selling Canadian food, but realized a better idea was to champion the food of his homeland.

It's a small but diverse menu. B&B offers an array of foods like noodles, seafood, dried mushrooms, beef, honey, kielbasa and steaks — coconut — and five soups.

They hope to form an 800-chain of stores and also plan to start doing Taiwan one island at a time.

696 Food Store is open 10 am to 7 pm Monday to Sunday at 696 Retailers St.

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# ON THE COVER

Things can change; we have to rise up.  
I have a revolutionary way of thinking.

—Lindsay Knight

# LINDSAY KNIGHT

## Rap, motherhood, academia and community collide



Hip-hop artist Lindsay Knight (left) and her daughter Ruby. The artist incorporates spiritual and historical themes in her music. QC PHOTO BY ANDREW KIRK.

By Angelina Iritici

You may know Lindsay as Canada's first solo female aboriginal hip-hop artist.

What you may not know is that Lindsay Knight isn't too fond of that

title. For starters, Knight doesn't like the term aboriginal because it's been developed and defined by the government and not its own people like "prifers," "indigenes" because it reflects the people on an international level as being different na-

tions and tribes. And she doesn't like to be pigeonholed — she questions why female rappers are put in a separate category from males. She's heard people say, "You're pretty good for a girl" far too often. Her response: "It's worse. It's using your

threat to create words. Why is it any different?"

Knight has been writing all her life. She still has a journal from when she was six years old, and she doesn't have the heart to throw it away. Her words went from journal entries to

poetry, song lyrics and even a master's thesis. (She recently graduated from the University of Saskatchewan.) The song lyrics turned into four albums, one of which won Best Hip-Hop Album at the Canadian Aboriginal Music Awards.

Continued on Page 8

I started to look at history and colonization and residential schools, and I was bombarded with all of this information and knowledge. I used that in my music to speak to the reality of the history that we don't hear about much in schools

— Knight

Knight wrote where she was angry, she wrote where she was sad and she wrote the emotions of others. She wrote what she felt, what she heard but most importantly what she was learning. And at times, what she was learning was frustrating.

Knight was as a path of music — she began studying Native Studies at the University of Regina (graduating in 2005) and exploring her roots. Knight is from Mistahiyuk First Nation. Most of her teenage years were spent in Saskatoon. She was raised in a Cree and Seashore traditional ceremonial way but she left those traditions when she was younger. Once she came back to them, her music started to reflect that, she thought — and rapped — from a more spiritual, historical and informed place.

"I'd think about the history of our people, the aspects of our people and the dysfunction, poverty and all of the social issues," she explains in her soft voice. "I started to look at history and colonization and residential schools, and I was bombarded with all of this information and knowledge. I used that in my music to speak to the reality of the history that we don't hear about much in schools."

Her music career was born. "And the only way I can do that is by recognizing the struggles we have. Power is important. We got power in spirit/I got power in music/I got power in my voice/ Hear it." she raps in a song called *Apprentice*.

"I just talk about Indigenous and her music all day," says her Charly Mann, University of Regina professor and Canada Research Chair in Innovative Media and Performance (IMAP). He directs the IMAP labs at the U of R. The research lab also provides the opportunity to engage in hip-hop culture; they can learn to make beats, write lyrics and do graffiti work.

Mann has published a number of articles about Knight. She's currently co-writing a music with scholarly hip-hop articles (the first in Canada, which includes a piece about Knight).

"Lindsay is a really important activist and an artist, and what



Lindsay Knight with her husband Randy Mann and their children Keriik (left) and Rosey in their home in Saskatoon. *JP* wrote in Mistahiyuk.

so lovely about hip hop is one can make their activism within the art and it certainly comes from a place of an underlying politics of resistance," Mann says.

"Lindsay offers a variety of very unique experiences and perspectives within a fairly masculine genre, and she works against a lot of norms and cultures of that genre. Her work and contributions to her art form are both provocative and important as a kind of political voice for young indigenous people."

But she wasn't always a proud Cree woman. Knight's mother is Russian and she used to hate her ancestry until that late her grandmother told her "don't

when her indigenous father would push her up from behind.

"I always grew up around education, abuse, violence. I knew that was all there but I didn't know why I was led to believe it was a genetic thing — that we were genetically inferior and that's just the way it was." That's where the shame came from, but then she started learning "It became very clear that it had to do with a history and government decisions and we're not inferior. Things can change, we have to rise up. I have a revolutionary way of thinking."

Her life's goal is maintaining an open dialogue about resistance, but not in a defensive way. She used to rap in anger, but she's now realized

a better way to relay a message. "It's more of an open dialogue and more thinking about it from a perspective where it's a gentle knowledge of a really hard truth," she says. "That's the way that we create dialogue and people listen and ask questions, because if we're yelling and asking, it shuts a lot of doors."

Another reason for softening her lyrics, her children.

Five-year old Keriik is started up on the couch, watching *The Muppets*. School has on Knight's iPad. She says hello quietly and she explains that he's shy and a bit introverted like her. Keriik means 'shy' in the Cree language. Later, in her basement studio, she and her last

band Randy Mann talk about how musical and artistic Keriik is. He creates intricate drawings of churches and bells with great detail. He freestyles like his mom, and loves to play the guitar.

"We just started on a new song he made up," explains Knight.

"Don't mention it." Keriik says quietly to his mom.

Their daughter Keriik, which means 'compassionate' in Cree, is 18 months old and very outgoing. A great big smile is ever-present on her face as she claps her hands and swings her feet, which she says little accidents. She's sitting on the kitchen floor on a big fuzzy blanket. A tiny lamborghini sits in front of her, as well as a Fisher Price piano



In her genre, she's well respected. She's helped develop a theme in the city and the province in that genre.

—Derek Bachman



Lindsay Knight performed at the 2007 Celebration of Aboriginal Music in Saskatoon. (C) RALPH PHOTO

"Kosmik autumn," Martin says from the kitchen. "Autism means 'you're in Cree, the only language Martin speaks to his children. He is known in his language community and is one of the few people of his generation who speak Cree fluently in the community. When he's not playing percussion or teaching, he volunteers his time teaching language classes and leading storytelling workshops and other activities. Knight is learning Cree along with her children and she often includes the language in her music."

One song, *Abbay Weesoon*, which means "change will get better" in Cree, describes her experience with postpartum depression after having Kasek.

"I couldn't believe this little being was out side/emotions came crashing in to fill the void," she says.

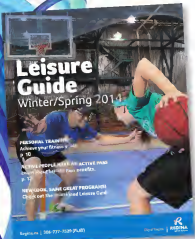
"It totally doomed me," she recalls. "It hit me like a ton of bricks, this loneliness, this heartache, it was so powerful." When it was too much to bear, Knight got help for the depression and says it was important that she get help early. Then she did what was natural — she wrote about it. Knight wants to talk openly about the experience because of the stigma attached to mental illness and depression. She used Cree language so the song could be understood in different areas, particularly in northern communities.

Continued on Page 12

# Watch For It!

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Those are powerful things for young people and one of the reasons why Lindsay is such an important mentor and figure within hip hop music in Canada, and especially in the Prairie provinces. —Charity Marsh



Lindsay Knight (shown here with her daughter Kasey) and her drum group performed recently at a University of Saskatchewan event that honored indigenous women's voices. (COURTESY OF LINDSAY KNIGHT)

Knight has always been honest in her music.

"So I always hope when people listen to the words and instrument when they'll hear the honesty and listen to the honesty and reflect on their own experience," she says.

She's written about all kinds of issues but during her many years of writing and recording, Knight never wrote a song about women.

"I thought, 'I don't ever want to write a song about women because I shouldn't HAVE to,'" she says lightly. She wrote Kasey's song

when she was born; she wanted Kasey to know what she was thinking and how she was going to raise her, but then it turned into a song about women. That was part one change in her music after having children.

Her latest EP *Kasey* meaning "trust in One," was written and recorded in the first year of Kasey's life. It came out in 2009 and reflected a new stage, because "I was thinking for two and everything I did is viewed from and I." She realized her children would listen to her music

as they grew up so she made sure to leave a positive legacy.

Kasey's lyrics come from within, but she heavily thinks of — and feels — those around her. Just one mention of a friend's experience with residential school resonated with her. She went home and put her kids to bed. "Imagine those guys being taken away from me," she thought. And I started crying. I'm not usually emotional about things — (but I felt) the powerful emotions of those parents who had to watch their kids being taken

away," she explains. "The heart and the pain... I could feel it."

She sat down, wrote an entire song and cried the whole way through.

"A lot of these lyrics that come out of me, I'm convinced, they aren't necessarily mine. They have a way of wording them in a soul-lyrical, gripping way but so far as the concepts and the emotion behind them I feel like it comes from another place." She attributes this to the spiritual world.

Marsh often asks her to be on

panels and do workshops and concerts with students.

"She's a very powerful voice for young people and I see young people respond to her in an incredible way," says Marsh. "Identifying with her (and having) a mentor who expresses the kinds of confusion that might be part of their lives — those are powerful things for young people and one of the reasons why Lindsay is such an important mentor and figure within hip hop music in Canada, and especially in the Prairie provinces."

(Knight builds) unbelievable trust, when they see Lindsay here it's like immediately they relax because they know they're going to have some sort of relief that day. She's a listener — Danielle Genest

Plus, she's been around for a while. Knight started rapping when she was about 15 and has been doing so professionally for the last 30 years. She released her first album in 1990 and is working on a new one, set to come out this spring.

"In her genre she's well-respected. She's helped develop a throne in the city and the province in that genre," says Derek Keith, program manager at Soulshine. "She's incredibly talented. She's got an incredibly strong presence on stage — I think, on an international level, she could definitely find the markets to grow in."

Knight was one of two artists chosen by Soulshine to represent the province at last week's world music festival Mundial Montreal.

Knight doesn't just use her talents and creativity for the stage. Each day of the week is reserved for community work there: Maria's Monday creating free Christmas, Knight's Tuesday night women's free group and the two performing on Wednesday nights at the Student With-

ness Initiative Toward Community Health (SWITCH). The last year as SWITCH program coordinator Danielle Genest speaks highly of the couple. They put community first — something that goes a long way with SWITCH's clients.

"(Knight builds) unbelievable trust, when they see Lindsay here it's like immediately they relax because they know they're going to have some sort of relief that day," Genest says. "She's a listener. Unless you ask her something she doesn't say anything about herself — she's just so modest."

A couple of times a week, Knight goes into schools around Saskatchewan to perform, do workshops and talks on everything from songwriting to self-esteem building. Knight's main message is to be confident and keep youth stood up for what they believe, and to never stop it.

"When I stopped doing that everything started happening for me," she says. [www.daniellegenest.com/english.html](http://www.daniellegenest.com/english.html)



Lindsay Knight's husband Randy More speaks only Cree with Kasele and Kasey Knight. Lindsay is leaving the language alongside her children. QC PHOTO BY MICHAEL BIRN



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# CITY NEWS

## # HERITAGE NEIGHBOURHOOD

# Helping make core improvements

By Andrew Matto

Joely Hasegawa's love for the Heritage Neighbourhood happened overnight.

When he moved and he had forgotten to leave the trunk of his car, he returned to his older sister's parking spot, the next morning to discover his trunk closed and its contents untouched.

"They could have stolen my brand new golf clubs, but they didn't. Somebody must have seen it open and closed it," said Hasegawa.

The five-year-old story made him eager to return the favour by helping improve the neighbourhood's reputation, historically known for street crime and prostitution. He moved out of the city but returned a few years ago to become a community volunteer.

"Five years ago, things here were way worse than they are now," said Hasegawa, president of the local community association.

This month, Hasegawa was among a group of volunteers, city officials and sponsors to gather for the official dedication of new playground equipment at Core Community Park, located on a green space on 11th Avenue. Hasegawa joined neighbours for creating the city to make improvements to the park and finding companies to help pay for the collection of stolen and missing equipment.

The \$90,000 structure was built to accommodate the growing number of young families and students from nearby Thomson Glen Academy School. Besides the school, the area was renamed and called Heritage Neighbourhood nearly a decade ago, the playground stands as tangible evidence of the evolution of inner-city revitalization. This neighborhood movement in getting citizens across as a reminder to residents and visitors that the area and its residents are not a new reputation, said Hasegawa.

"There are now families moving into this neighbourhood... more people see that place as a great place to raise kids. And the new playground really demonstrates that," he said.

■ ■ ■ ■

Nichole Black recently moved to Heritage with her husband, City Councillor Steve Proulx, and their two-year-old son. They wanted neighbours who reflected the economic and cultural diversity of the city and were willing to look past the neighbourhood's reputation in favour of its central location. And they were drawn to the idea of contributing to its evolution.



Nichole Black and her two-year-old son Rylee Black play at the Core Community Park in Regina, on Wednesday, Nov. 27, 2013.

"We are where Cathedral was 30 years ago," said Black, referring to the Regina neighbourhood west of downtown, which draws business for its celebrated homes and trendy 13th Avenue retail strip.

Black's daughter suggests she and her family are at risk of coming into contact with criminals or that they're in danger because they live a short block from where negotiations are held between prostitutes and their customers.

I don't see how any workers could be a danger to my family," said Black, who helped raise playground equipment money by going door-to-door in a ring Christmas carols.

The Heritage area is bordered by College Avenue, Broad Street, Woodlawn Street and the CPR tracks. It also includes the Anacostia Transit, the area within Anacostia Avenue, Winnipeg Street and Victoria Avenue.

Black said her family is among many who've sought out homes in the city's economy has

John Street for the same reasons. And helping making the area safer is a task that many residents agree.

"One of my neighbours would go out on the street and tell the police to move along," said Black.

She also makes a point to go for late-night strolls or take her son to a park as a way to show others she feels it's safe.

"It's important for us to be able to walk and take to work... And there are three playgrounds within walking distance to my house," said Black.

"It's a very safe place — and it's getting better."

■ ■ ■ ■

Regina real-estate agent Kathleen Parmenter said improvements to the city's economy has

made Heritage attractive, not just because prices are lower than in places like Westbank Park and Lakeview, but because of its location and proximity to the General Hospital.

"The statistics for the Heritage area are really interesting. Development in the General Hospital area, particularly has driven prices higher than in other parts," Parmenter said.

The average sale price in the Heritage Neighbourhood jumped to \$299,890 in 2012 from \$155,000 in 2006, she said.

"The south side of Victoria Avenue has seen more improvement from first-time home buyers and young families moving in to be closer to work. This section has seen dramatic improvements from renovations and rebuild in the last few years."

The north side of Victoria Avenue still has quite a high rental demographic, so while not as improved as the south, there are still opportunities to be had there.

We have neighbours who are 80 or 90 years old. A lot of them are women who have lived here for 50 years. And they have kept up their properties and have these cute homes. That, to me, really instils a sense of community — Shaunna Dunn



Oliver Dunn, Heather Cameron, Shaunna Dunn and Sabine Marano-Dunn (25) walk in Regina's Heritage Neighbourhood. (C) PHOTO BY MICHAEL BELL

Several improvements are happening in places like North Central, Bowden Avenue and Ambrose Place. Residents added.

\*\*\*\*\*

Shaunna Dunn didn't hesitate when she moved into the house owned by her husband several years ago. Having lived in Montreal, she was accustomed to having neighbours from all economic backgrounds.

"If you don't want to live in a neighbourhood where there are no people walking down the sidewalk late at night or there's just generally a lot of activity or someone going through the garbage in the back alley, then this neighbourhood isn't for you," said Dunn.

She understands why homeowners seek the tranquillity of new suburban areas, but she and her family enjoy the community's history.

"If you want to isolate yourself and move to an area where you can't see this kind of diversity then that's your decision," she said. "I find that Regina is made up of all these isolated areas. And people don't associate with people from different areas very much."

Dunn also appreciates the history of her community and her relationship with her neighbours.

"We have neighbours who are 80 or 90 years old. A lot of them are women who have lived here for 50 years. And they have kept up their properties and have these cute homes. That, to me, really instils a sense of community."

Heather Cameron and her husband bought a house nearby about three years ago. They were willing to accept incidents of petty crime in exchange for what the eclectic area offers their family.

"The stereotypes of the neighbourhood is something that I deal with so

I can take advantage of all the things I enjoy," said Cameron. "We're moving our son to a neighbourhood that's diverse and where there are people from all walks of life."

She also enjoys how the neighbourhood helps her appreciate all people, even though not all neighbours do, she said.

"When you see someone across the street, at first glance you might have an opinion of that person. But if you look again, you realize that it's a good person who has had a life that has taken them down a certain path," said Cameron.

"I think the people we bought our house from sold because they wanted to leave and go to a suburb where it's all modern culture and everything is neat and tidy."

"Ideally, we moved here because a lot of our friends were already here."

arcel@leaderpost.com



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# FASHION

What's your winter style?  
Send a note to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # SASKATCHEWAN STYLE

### Moh Yusuf: Small accessories make a big difference

By Angelina Irtinat

Moh Yusuf moved from the U.K. to Saskatoon more than three months ago for a job transfer in mechanical engineering. He finds the city "lovely, friendly, obviously cold" and the fashion laid back. He says he spots many well-dressed people around the city and it's clear people put effort into looking well, adding that the style is quite different here in Saskatchewan compared to London, England.

Yusuf began paying more attention to fashion when he was in university. He said he'd spend hours in the dressing room trying to find the perfect fit and what worked for him. He doesn't follow trends but sticks to a classic style.

"Because if [you] follow fashion trends and it goes out of style then you're technically out of date," he explains.

Accessories — like ties, pocket squares, lapel pins and even socks — play a huge role in Yusuf's look. Typically he chooses a piece he wants to highlight, that stay and whether it's a tie, pocket square or blazer, he'll coordinate the other pieces to complement the chosen statement piece.

That's part of his style, which works for him while other things may not. While some people look great in black, he'd never wear an all-black outfit. He adds that others put off some things, such that he doesn't, like skinny jeans, a parka or the colour lemon green.

"You need to harness your strengths and conceal your weaknesses — that's what fashion is all about, really," Yusuf says. "You need to identify where you can say 'This style is mine' or 'This style is this person.' Don't get me wrong, you don't want to be predictable, but [people] need this, a what suits me and this is what suits you."

Yusuf just started writing a men's fashion blog, his first post was all about fit — something he says is crucial for men.

Although Yusuf doesn't spend too much money on his clothes, he says that if you do and the fit isn't right, it can make an expensive outfit look the opposite.



Moh Yusuf / QC PHOTO BY MICHELLE BIRN

#### Outfit:

1. **TIE:** Zara
2. **SHIRT:** Hanes & Co. London "It's a British designer that's been around for years"
3. **JACKET:** Top Gun, London "I like their jackets, especially their winter jackets, wool and tweed"
4. **POCKET SQUARE:** Burton Menswear, London
5. **LAPEL FLOWER:** New York "It didn't cost a lot and they are easy to get. It only cost me about \$30"
6. **CARDIGAN:** Topman
7. **CHinos:** Calvin Klein, Team UK, Manchester "TK Mexico just like the Winans here. I need to go and see what it looks like"
8. **SHOES:** Magnanni, Italian shoemaker
9. **SOCKS:** Burton Menswear, London "I do like my socks and my accessories"

# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [qc@leaderpost.com](mailto:qc@leaderpost.com)

## # SASKATCHEWAN'S BEST SPACES

# New space offers students lunch and relaxation

By Angelina Irimici

**WHAT?** Jones Haywood, Louis' food and beverage manager at Louis' Loft

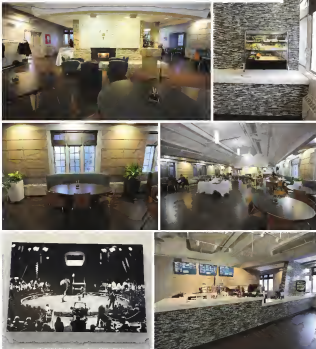
**WHERE?** On the second floor of the Memorial Union Building on the University of Saskatchewan campus.

**WHY?** What used to be Brewster Cafe — a coffee shop and used bookstore — has been extensively renovated and turned into Louis' Loft. Part of the University of Saskatchewan Students' Union (USU) Louis' Loft is a licensed coffee shop for day and evening events, complete with outdoor "by night." The large space boasts plenty of natural light, a large bar and a menu featuring locally sourced foods, baking and coffee. Although unique paninis, sandwiches and salads are featured on the menu (Haywood, "favourites part"), you can still order from Louis' outdoor cafe. The space is meant to accommodate students who want to take a lunch or coffee break and sit for a while to study or chat. There is ample seating and a cozy yet modern feel. The space is also available to book catered events from 30-250 people for weddings and Christmas parties to student events.

**WHY?** Book sales at Brewster had taken a "nose dive" so staff feared a need to change the space. It offers students a place to go when Louis is closed for events and concerts. "There aren't very many places for students to sit out and use their laptops and just relax in a nice atmosphere," Haywood says. When renovating the space, staff wanted a "warm, relaxed type of updated modern space." But something that was also conducive to hosting events so designing a cafe and event space at the same time had its challenges.

**WHEN?** The space closed at the end of last year's school term and about \$75,000 was spent renovating the space. It first opened during summer classes in June. Louis' Loft threw a full launch party earlier this month.

**HOW?** The USU contracted the same architecture firm that renovated Plaza Real to help with the design and renovation. The whole space was patinated — only the fireplace and windows are original to the building. "The fireplace is one thing we had to keep intact because it's a focus there forever. We didn't want to ruin that for anyone." Because the space is used for events, the colour palette was kept neutral. Browns and greys were debated. Finally settling on grey to keep a contemporary look.



QC PHOTOS BY MICHELLE BERG

# ON THE SCENE

Fans, players and dignitaries attended the 2013 Gibson's Finest CFL Player Awards on Nov. 21.

# 2013 GIBSON'S FINEST CFL PLAYER AWARDS







## MUSIC

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# EAST OF EDEN

## Couple creates sparks with new band

By Angelina Irimaci

Alexander Thomson and Justin Pelan have things to thank for two major things in their lives: their relationship and their band. Both moved to Saskatchewan for university and met in 2013 through a Kijiji ad. Thomson posted looking for a musician to jam with. The ad intrigued Pelan and won a musician's hand and a band got started.

East of Eden was born this past summer after the two felt they had performed enough covers and were ready to harness their own sound. Boasting, dark and passionate are how the duo describes their music, which they say is a combination of folk, pop, indie and jazz. And it all came from an honest place.

"Music writing is actually therapy. I'm not somebody who really expresses that in other ways, so music is something that comes out through song writing. I think that's why it's so much because I think that's why it's so much because I'm inspired by dark emotions," Thomson says.

The band's name follows suit. The two explain that the biblical reference East of Eden means paradise lost. Thomson explains their music reflects that humanity will always be damned and that the "dark, elegant and crispness" of the music matches how the two sound.

They're writers and recorded five songs, plan to release an album and hopefully tour outside. Their first single, *She Cries Literally*, is complete with a video and was released in September. They've played a few gigs in Saskatoon and Regina, including the Reggae Jam Festival.

The duo has something else in common aside from music — both are studying engineering at the University of Saskatchewan. They find the two similarities between them, they, the Pelan is the rejection and struggle, for Thomson it's the release.

"Math was sort of also this therapy where I would practice and concepts took so long it would sort of take me out of reality and it was able to just let



Alexander Thomson and Justin Pelan at Cibo by Foh Cafe in Saskatoon. Both study engineering at the University of Saskatchewan. (Photo by MICHELLE BROWN)

go and I feel the same thing happens with music. Math and music are a universal language."

Both want to make livings as engineers and as East of Eden.

"How cool would it be to earn a month of holidays — and instead of a holiday make it a tour? That's a dream," Pelan says.

"I don't want to be making music to try to make money. I feel like that could take away from the creativity and passion of what I am without the

music," Thomson adds. Pelan is from Edmonton and Thomson from Regina and Curry the Kijiji First Nations. Both were exposed to music as children. Pelan grew up listening to Eric Clapton around his house and when he got his first pair of headphones when he was 12, he'd look himself in his room and listen to music. He didn't pick up his first guitar until he was 21, but after he did, he never put it down. Thomson's mother is an artist and often went to his

room and she could sing but his her talent and she was 18. She sang for her room who put her into vocal lessons and shows including Regina's Applause Dancer Theatre.

Now the two practice together a couple of times of week. Being in a relationship and a band can cause a bit of tension, but for the most part it's only positive.

"It's like a second life to our relationship," Pelan says.

"Some of these deeper emotions

concerned I am comfortable expressing those with Justin because he's so close to me," Thomson explains, adding that arguments can arise if one person makes a mistake or isn't putting their weight in the band. "We're in a relationship and just a second partnership. I think being in a close relationship the band will last a lot longer."

"I haven't actually heard these words spoken, so I'm pleased," Pelan smiles.



## #ASK ELLIE

## Ex-boyfriend must make amends for his 'stray kiss'

**Q.** I recently broke up with my girl friend of two years, though I was deeply in love with her. After eight months we had a little bop and a short break in which I kind of came over. I didn't tell her as I didn't want to hurt her. She found out recently and ended our relationship.

I can't sleep at night as I'm stressed and everything that I do reminds me of her.

Do you believe she'll come around if I leave her alone for a few weeks? Or just wait for her to contact me?

**Missing her**

**A.** A stray kiss during an agreed break is a minor crime, yet the pain almost of making it seems harsh. This may have to do with either being young and inexperienced (if that is why, as the kiss having far more significance as she knows or guesses it was more).

Whatever the reason for her strong reaction, "leaving her alone" is NOT the right approach. Best: Forgive her with a note of apology and miss her, and one day find out that you're

## Ask Ellie



thinking of her (to eat berries, and stay if she would) and one email stating that you'll never look at that person again, you can only think of her.

It may work. Or not. But mulling her to contact you is just giving up.

**Q.** My boyfriend and I, both late 40s, are looking to move in together. Neither of us wants to get married.

What formula do you have for a couple to figure out their sharing of expenses? He makes \$45,000 more than me annually but his support obligations drain that quickly.

I bought a modest house this year and moved into it while dating him. I

can afford it myself so this isn't about having someone move in to pay my mortgage.

He's renting a not little apartment after running out of a divorce, and is paying huge alimony and child support for the next five years until the kids are adults.

He works an entry job and works overtime to barely fully fill his bills, and obligations to his ex and his kids, which I suppose is admirable.

I don't know if \$500 a year or his other expenses might be too much to carry alone, a simple check loving her head he can't be meeting. In with out signing some sort of prenuptial agreement so I never lose my house.

**Practical Romantic**

**A.** Practicality IS important when starting this new arrangement, especially because it's harder to change the set up later unless earnings change significantly.

Doing and comparing are also important — and you indicate both here — or why else bother to move together? Hopefully, once he comes

with emotional (shudder) ties and financial (support) obligations rise where.

There are obvious expenses to share completely through a joint account in which you both deposit an equal amount. These include food, utilities, cable, and house insurance. They cover the common needs as well as expenses you'd each pay for, if living on your own.

Once a pre-pay is in place, you can issue to pay the house mortgage and taxes, as it's your house.

If he earned a lot more, I'd suggest he pay for recreation (movie out, even travel) but besides practicality and caring, there's being realistic. This guy doesn't have disposable money beyond the same amount you earn, since his added amount (and likely more) is spoken for.

So, if you love him and want to live with him, when the cost of life is real, and enjoy a truly equal relation ship.

**Q.** For most of her life, my friend was

very overweight. Over the past two years she lost almost 100 pounds.

We rekindled our friendship last year and I saw that she looked very sick. I've rarely seen her eat any thing.

She recently confided that she'd made herself throw up after eating junk food, which happens frequently. Also, she says marijuana multiple times daily for pain, instead water for her condition of endometriosis.

She broke up with her longtime boyfriend five months ago. She thinks no one else will ever love her.

**Warmed Friend**

**A.** You have good reasons to worry. She's apparently depressed, also has anorexia, addicted to pot, and hurting you. All are powerful enough, but her combined physical and mental health efforts after massive weight loss can be extreme.

Show her the supportive love of friendship by listening you accompany her to a doctor for a physical checkup and also for referral for potential depression and addiction.

# Next week in QC

Michael Fougere forged a slow-but-steady path from rural Michigan, through the Maritimes to the top of City Hall

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# JEANNE MARTINSON

## Learning how different generations get along

Managers ask me frequently, "When will Gen Y grow up, quit rebellion and get with the program?" Unfortunately for managers and co-workers everywhere, there is more to generational difference than rebellion and a desire to be different from the previous generation.

Our generational identity is also about the beliefs and values that were developed as we growing up years by the time we launch into the workplace, our perspectives of others, work and the world are well formed. The perfect storm is now brewing for generational conflict in the workplace due to two unique factors.

First, we now have four distinct generational groups in the workplace. Thanks to interrupted places for re-

irement due to the 2008 economic downturn, a genuine suggestion of the work they are engaged in and an anticipation of a longer life span, members of our eldest generation find themselves still in the workplace.

At the same time, baby boomers are slowing or on retirement and are primarily accepting the positions of power in our organizations. Due to advanced health care providing expectations of a

long and healthy life and remaining full work to occupy themselves with baby boomers may be finding the workplace more attractive and will possibly push back retirement plans.

Secondly Gen Y is coming into the workforce at the end of the analog to digital shift. This is significant as General X is the first to see digital technology as normal, both in their work and personal life.

These two factors have catalyzed to place employees from different generations in heightened conflict. In the workplace these different generations are now judging each other as having good or poor work ethics, commitment and loyalty to the organization.

If you are a colleague trying to in-

terview your multi-generational co-workers, a front line manager trying to get your post-gen workers to show up and show up as their are a member of Generation Y and looking for ways to maximize your effectiveness and success in the workplace this book is for you. If you can create information about the different generations with a focus on work ethic and the motivations and values of Generation Y.

Jeanne Martinson is a diversity strategist and best-selling author on the topics of diversity and leadership. Her book is available as an eBook on Kindle and Kindle or print in Google Books at [McNelly-Holmes.com](http://McNelly-Holmes.com) and author of [www.mcnelly.org](http://www.mcnelly.org)



Jeanne Martinson



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Every spare minute will be appreciated. Thank you for your help!

## EVENTS

## # MUSIC

Wednesday, Nov. 27

**Wednesday Night Folk:**  
**Headford**  
 Bushwick, 2206 Dewdney  
 8pm

**Joan Night**  
 McNally's, 3226 Dewdney Ave.

**Amanda Rheume**  
 The Exchange, 3631 Eighth  
 Ave.

Thursday, Nov. 28

**Stuckist Recital**  
 12 of Winona students  
 Neon, Ristell Centre Sky-Rise

**John McCusick Band**  
 McNally's, 3226 Dewdney Ave.

**Charles Knight and the Wild, High Poorman**  
 The Exchange, 3631 Eighth  
 Ave.

**The Service**  
 The Pump, 661 Victoria Ave. E.

**Bernadette Love, RCDP, Birch Hills, Sea of Dead Seapets**  
 The Club at The Exchange,  
 3631 Eighth Ave.

Friday, Nov. 29

**Rock Onions present recital**  
 10 p.m., U of B Red St Centre  
 Show the Fire

**Robert Hill, Slim City Pickers, the Treasures**  
 Oranby, 1647 South St.

**John McCusick Band**  
 McNally's, 3226 Dewdney Ave.

**Big Chill Friday**  
 The Lancaster, 4329 Gordon Rd.

**Stephanie Thomson and Band of Kites**  
 Applesee, 7978 Broad St.

**The Service**  
 The Pump, 661 Victoria Ave. E.



Johnny Gold will perform at the Christmas Arts Centre on Saturday night.

**Bobby Bruce as Neely Nell**  
 Casino Regina Show Lounge  
 1880 Saskatchewan St.

**Janis Orland**  
 The Sp, 306 Albert St.

**Louise Jean Gossard, Anique Gossard**  
 8 p.m., 8620 13th Avenue S  
 Plains 3850 Hillside St.

Saturday, Nov. 30

**The Service**  
 The Pump, 661 Victoria Ave. E.

**Janis Orland**  
 The Sp, 306 Albert St.

**John McCusick Band**  
 McNally's, 3226 Dewdney Ave.

**The Jazz Bandits**  
 8 p.m., Le Bistro, Carrefour des  
 Plains 3850 Hillside St.

**The Standees**  
 Artful Design, 1637 18th Ave.

**Bobby Bruce as Neely Nell**  
 Casino Regina Show Lounge  
 1880 Saskatchewan St.

**Dorothy's Quartet**  
 Regina Symphony Orchestra  
 4 p.m., Sovereign House,  
 4607 Dewdney Ave.

**Haleigh, Dewey Goertz**  
 Creative City Centre  
 1643 Hamilton St.

**Cause Artz, Brinked  
 Homes, The Patch, Hall  
 Hawks, Port Mobs**  
 The Club at The Exchange,  
 3631 Eighth Ave.

**Beila House Band**  
 Val Hall, The Forlane Hotel,  
 The Soaps, Megan Nash  
 The Exchange, 3631 Eighth  
 Ave.

**Johnny Gold**  
 A Christmas Gift to You  
 Cosmos Arts Centre  
 200 Lakeshore St.  
 Sunday, Dec. 1

**Cosmos Concert Series**  
 Jan Ustoch  
 4 p.m., Nova Metropolitan  
 Church, 2340 Victoria Ave.

Monday, Dec. 2

**Monday Night Jazz & Blues**  
 Bushwick, 2206 Dewdney

**Lucid Skies, RonFire, No Blood  
 No Fear, Birch Hills, Generator**  
 The Club at The Exchange,  
 3631 Eighth Ave.

Tuesday, Dec. 3

**Goldenrod Handbells, Dear  
 Hoag**  
 Cushman's, 1647 South St.

**Goldenrod Handbells, Dear  
 Hoag**  
 Cushman's, 1647 South St.

## # ART

**Christmas Art Bazaar Show  
 and Sale**  
 One-of-a-kind Saskatchewan  
 art by art guild members  
 Nov. 29 1-9 p.m.  
 Nov. 30, 10 a.m.-5 p.m.  
 Dec. 1, 9 a.m.-4 p.m.  
 Art Gallery of Regina, Neil  
 Eskew Civic Arts Centre,  
 3631 Dewdney Ave.

**Spectacle by Linda Hink**  
 UNTL Dec. 1, Mackenzie Art  
 Gallery, 3475 Albert St.

**Quilting for a Cure**  
 First Ribbon Quilt  
 UNTL Dec. 16, Cumberland Gallery  
 461/461-1/2 Building, 3409  
 Leproville Dr.

**Penneer**  
 Tom Fiskel and Laura Hall  
 UNTL Dec. 31, Myer's Art Gallery,

2706 13th Ave.

**Our Town show and sale**  
 Agnour exhibition and sale  
 from Saskatchewan artists  
 Nov. 29 Dec. 31, Maple Gallery,  
 Creative City Centre, 1643  
 Hamilton St.

**Drawing Our Communities  
 Together**  
 UNTL Jan. 5, Mackenzie Art  
 Gallery, 3475 Albert St.

**The Professional Native  
 Indian Artists Inc.**  
 UNTL Jan. 12, Mackenzie Art  
 Gallery, 3475 Albert St.

**Clint Neufeld: The Chandeliers,  
 the Tavern-Air, the Peacocks,  
 the Greyhound and My Grand-  
 mother's China Cabinet**  
 Five impressions of intricately  
 set backlit vinyl  
 UNTL Jan. 12, Darling Art  
 Gallery - Sherwood Village  
 Branch, 6121 Rockside Blvd.

**Paul Mc Trill**  
 Tammi Campbell and Marc  
 Courtenay's present  
 bronze, paint in paintings  
 and sculptures UNTL Jan. 15,  
 Dundas Art Gallery - Central  
 Branch, 3213-12th Ave.

**Beyond Pillars: The Mosaic  
 and Polite in Art**  
 Dec. 2-March 31, RCMP Heri-  
 tage Centre, 1927 Dewdney  
 Ave.

**The Artists of Scott Nichol-  
 son Fine Arts**  
 Newsletters quarterly  
 UNTL July 31, 2014, Regine Cen-  
 tre Crossing, 1621 Albert St.

**Ausubule Gallery**  
 2266 Smith St. Open Tuesday  
 to Friday 10 a.m.-5:30 p.m.,  
 Saturday 10 a.m.-5 p.m.

**Neuvre's Gallery**  
 216.6 Albert St. Open Tuesday  
 to Friday 10 a.m.-5 p.m.

**Slate Fine Art Gallery**  
 3019 Halfway St. Open Tues-  
 day to Friday, 10 a.m.-6 p.m.,

Saturday 10 a.m.-6 p.m.

## # COMEDY

**Comet Improv**  
 Nov. 27, 8 p.m.  
 The Artspace, 2027 13th Ave.

**Cyclone Comedy**  
 Nov. 28  
 Artful Design, 1637 18th Ave.

**ComedyGriped**  
 Every Saturday night  
 Galters, 3338 Dewdney Ave.

## # THEATRE

**American Idiot**  
 Nov. 26 and 28, 8 p.m.  
 Cosmos Arts Centre, 200  
 Lakeshore Dr.

**Tackled... A Football Play**  
 Nov. 27, 28, 29, 30  
 Weekly shows UNTL Dec. 21  
 Applesee Dinner Theatre, 1970  
 Broad St., lower level

**The Wizard of Oz**  
 Nov. 28-30, 1930 Ave. Nov. 30  
 matinee at 1 p.m.  
 Winton Knoll College,  
 3225 Mackenzie Blvd.

**The Wizard of Oz**  
 Nov. 28-30, South College,  
 3243 College Ave.

**Edna Jackson Live!**  
 Starring Michelle Semko  
 Nov. 29-Dec. 1, 6 p.m.  
 The Artspace, 2027 13th Ave.

**Broaching Musical Theatre**  
 Betty Gordon with Linda  
 Nov. 30, 10:30 a.m.  
 Royal Saskatchewan Museum  
 344.5 Albert St.

**Thelma & Michael Jackson  
 Tribute Show**  
 Dec. 1 Weekly shows UNTL Dec.  
 14, Applesee Dinner Theatre,  
 1970 Broad St., lower level

**Shining Beauty**  
 UNTL Dec. 29  
 Globe Theatre, 1631 Scotch St.

## What you need to know to plan your week. Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

### SPECIAL EVENTS

#### Men's wrestling

U of W: Dickson Centre  
Nov. 27, 6 p.m., Centre, Evans Place

**1954 A Turning Point in History and Culture**  
The New 650th in Saskatchewan and the First World War by Dr. James Proulx  
Nov. 27, 7-8 p.m.  
Archives Reading Room, Archer Library, U of W

#### Regine Perreault's Market

Nov. 28, 9 a.m.-1 p.m.  
U of W: Haddad Centre M420 Purpose Room

#### 16 Days of Activism

Why we still need feminist activism by Jill Arentz  
Nov. 28, 11:45 a.m.-12:45 p.m.  
U of W: College West room 13

**Saskatchewan's Girl Talent - In Support of Forever Friends of Hope Foundation Inc.**  
Dinner and entertainment by Saskatchewan performers.

Nov. 28, 6 p.m., Casino Regine Show Lounge  
1889 Saskatchewan Dr.

#### Women's volleyball

U of W: USC Nov. 28, 6 p.m.  
U of W Centre For Kinesiology, Health and Sport

#### Regine Perreault vs. Prince Albert

Nov. 29, 7 p.m., Grand Centre, Evans Place

#### Women's hockey

U of W: U of C  
Nov. 29, 7 p.m., Cooperatives Centre

#### Men's volleyball

U of W: USC Nov. 28, 8 p.m., U of W: C404

#### French Social Club

Nov. 30, 7-10 a.m.  
U of W: Haddad Centre (look for instruct. Francois Bannier)

#### Glasthird Market

German Christmas market with mulled wine, food, crafts and gifts.  
Nov. 30, 3-6 p.m., Regine German Club,  
1727 St. John St.

#### Women's volleyball

U of W: USC  
Nov. 30, 5 p.m., U of W: C404

#### Women's hockey

U of W: U of C  
Nov. 30, 7 p.m., Cooperatives Centre

#### Regine Perreault vs. Moose Jaw

Nov. 30, 7 p.m., Grand Centre, Evans Place

#### Men's volleyball

U of W: USC Nov. 30, 7 p.m., U of W: C404

#### U of W Track & Field Indoor Meet

Nov. 30, U of W: C404

**Adam Savage and Jamie Hyneman: Behind the Myth Tour**  
Dec. 1, 7:30 p.m., Cosmos Arts Centre

### NEW MOVIES

#### Black Heliport

Drama  
A short-while-teen Baltimore who was raised by a single mother travels to New York City to spend Christmas with his estranged relatives. Reverend Carrell Cobbs (Forest Whitaker) and Arnette Cobbs (Angela Bassett) have been frustrated by the town's strict rules, but eventually discover the true meaning of faith, healing, and family.

#### Homefront

Thriller  
A widowed ex-DEA agent returns to a small town for the sake of his 10-year-old daughter—but he picked the wrong town. Starring Jason Statham, James Franco, Winona Ryder, Kate Bosworth, Radcliffe Taylor, Webster and produced by Sylvester Stallone

#### Oldboy

Thriller  
A man and his son (Josh Harts) is kidnapped and held hostage for 20 years in solitary confinement. When he is released, he embarks on a mission to discover who and what started his capture, only to find he is still trapped in a web of conspiracy and terrorism.

#### Mandelstam: Long Walk to Freedom

Drama  
The story of Russian Mandelstam's extraordinary life journey from his childhood in a rural village through to his imprisonment as the first democratically elected president of South Africa.

#### Gelley Clemons

302 McCarty Road W.; 306-523-9018

#### Cinaplex Odeon

Southland Mall Cinema at  
3025 Gordon Rd., 306-565-3363

#### Regine Public Library Theatre

2371 12th Ave., 306-777-6104

#### Kramer Innis

2552 Powerhouse Dr. 306-523-4029

#### Headline Cinema

Golden Mile Shopping Centre  
3606 Albert St. 306-309-0290



"Coming here  
was the safest  
I've felt in years."

Anonymous abuse victim and  
Leader Post Christmas Cheer  
Fund volunteer

## GIVE THE GIFT OF HEALING THIS CHRISTMAS.

Your donation to the *Leader Post Christmas Cheer Fund* will help four organizations shelter families from physical, sexual and emotional abuse. 100% of your donations will be shared equally by: *SOFTS House, Regina Transition House, Isabel Johnson Shelter and WISH Safe House*. Help those in need. Give the gift of healing this Christmas.

### LEADER POST



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**CHEER**  
FUND

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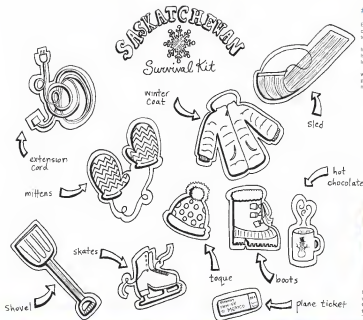
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# OUTSIDE THE LINES



## # Colouring contest

Each week, artist Stephanie McKee creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to [wp@leaderpost.com](mailto:wp@leaderpost.com).

One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Erin McElhiney**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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49 days, 49 prizes. Details in store.

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# SHARP EATS

See a food trend you think deserves a highlight? Email [qc@leaderpost.com](mailto:qc@leaderpost.com) or visit us on Facebook

## #SASKATCHEWAN FOOD TRENDS

# Boost mood, energy and libido with raw chocolate

By Jenn Sharp

Great news! It's sure we're all heard this but chocolate is good for you. Dark chocolate and only one square a day though. The problem with this recommendation (one square from the limited quantity) is the preservatives found in your average grocery store chocolate bar.

Enter Suzanne Richards. The holistic health coach just a raw chocolate making workshop at the Saskatoon Farmers' Market recently (she does workshops in Regina too). She taught a small group how easy it is to make your own, incredibly delicious chocolates. These vegan, raw chocolates are packed full of essential "superfoods" (I say so called because I think the term superfood tends to get overused). However, the ingredients in these chocolates can definitely be considered super.

Richards uses organic cacao, the unprocessed form of cocoa powder, which has a dense, earthy flavour. Cacao is its raw form is great for the metabolism and is high in magnesium and iron. It's also a natural mood booster. Coconut oil, vanilla beans (did you know you can save the pods dry them and grind to use as a powder), a small amount of maple syrup and more powder will change your life!"

Richards with a bag snuggled like she was happy to give her a quick tutorial on the powder's benefits.

Taken from the root of the cacao plant that grows in Peru's mountain ranges, it's been used for centuries for everything from energy booster to libido enhancer. Yes, that's right. Mass has been proven to enhance fertility and sexual function in men and to increase sex drive in both men and women. On top of that, many women find it helps balance their hormones, thus relieving PMS and menopausal symptoms. Now that's



Vegan raw chocolates made with a few basic superfoods make a perfect pre-Christmas treat. (COURTESY OF SUZANNE RICHARDS)

the definition of a superfood. Richards likes to add little extras to her chocolates like hemp hearts (which contain 40 per cent of your recommended daily protein value in 1 tbsp.) turmeric (an anti-inflammatory and anti-oxidant), ginseng berries (another superfood loaded for its high stress and constant) or nuts.

Richards's goal through her nutrition coaching and vegan, raw food workshops is "getting people back into the kitchen." It's a philosophy she takes to heart. Both of

her sons, Aiden, 12, and Ethan, 7, spend a lot of time with her learning how to make meals. So much so that the trio is releasing a cookbook soon, *Monkeys in the Kitchen*, full of their favourite, simple and fun recipes (all are gluten and dairy free, most are raw vegan as well).

On a blustery day, we started the class off with a cup of guilt-free hot chocolate. Richards uses dates for sweetness and adds a dash of cayenne for an unexpected hit of spice that warms you to the core.

## HOT CHOCOLATE RECIPE

### INGREDIENTS

- 6 oz 1/2 cup dates
- 1 tbsp raw cacao powder
- 1/2 tsp coconut oil
- pinch cayenne pepper
- 2 cups hot water

### METHOD

Mix all ingredients in a food processor or blender. Adjust quantities to suit taste. Serve.

Adapted from Ashley Clark, *www.naturalhealthyliving.com*.

## UPCOMING WORKSHOPS

### RAW FOOD FOR THE HOLIDAYS

(at Healthy Foods, 2230

SPRUE)

Nov 30 2 p.m.

An afternoon of raw food

fun with Suzanne Rich-

ards who will share some

of her research and basic

recipes for the holidays.

For more details and to

register online, visit

[www.healthyfoods.ca](http://www.healthyfoods.ca)

306-280-0038



# WINE WORLD

# SASKATCHEWAN WINE TRENDS

## Drink Sterling Pinot Noir chilled for best taste

By James Romanow

California is one of those places where if "big is good, bigger is better." Sublimity, whether you are talking movie stars or wine, is generally not a selling point for the state. When this point of view meets Pinot Noir it makes for an interesting version of the wine.

Pinot Noir is traditionally thought of as an elegant wine: a wine of restraint and subtlety. Calaveras PN has about the same amount of restraint and elegance you would expect from Pinot. Andromeda. On the other hand, compared to Zinfandel, it is indeed elegant and subtle.

Any number of people find this Oatmeal possible knee-weakening delicious. If you could yourself among them you'd want to try Sterling Pinot Noir. I generally prefer New Zealand to California, however Sterling is something of an exception in my taste.

The wine, like most Californian FM, is dominated by cherry and vanilla flavours with just a hint of raspberry. The finish is dry but the entry and mid-palate are slightly sweet. The tannins are extremely restrained.

It is an inoffensive, quite pleasant wine, and it will pair with pretty much all foods. This is a good wine to pair with things like squash, a spicy Indian lentil dish or the more usual roast chickens.



My only complaint is the scarcity of low wines, and I therefore drink the wine between 5 and 10 degrees.

If you want to have some fun with a friend, say a supermarket "barbecue" chickens and two bottles of Sterling Hofburgers one bottle overnight and serve the other at room temperature and do a tasting with the chicken. I suspect you two will be a convert to drinking this wine chilled

Starting Point: No. 515 \*\*\*\*

More wine in Monday's edition of the Lead on Food or on Twitter @dinhvong

## Crossword/Sudoku answers

A	R	C	I	S	L	E	S	T	A	D	E	
S	O	H	O	S	A	U	T	E	A	R	I	A
W	I	S	T	E	R	C	H	E	C	K	E	R
T	G	P	R	E	D	P	U	N	T	E	R	S
		M	B	A	I	O	U	T	R	A	I	S
C	L	U	N	O	N	O	P	O	L	I		
A	I	N	T	R	E	F	E	N	E	O		
F	A	N	C	I	O				S	T	E	E
E	R	S		G	E	O	R	G	E	V	I	A
		S	O	R	R	O			H	E	L	L
R	E	M	I	T	R	E	O		A	R	S	
E	L	I	G	I	T		O	O	N	I	O	A
R	A	C	K		O	R	A	C	E	G	A	M
E	T	R	E		K	O	L	O	R	S	O	U
L	E	O	N		K	A	P	P	A		I	N

2	3	6	9	4	1	7	8	5
9	1	8	2	5	7	6	3	4
4	5	7	3	6	8	9	1	2
8	9	2	7	1	3	4	5	6
1	6	3	4	2	5	8	9	7
5	7	4	6	8	9	1	2	3
3	4	9	1	7	2	5	6	8
6	2	5	8	9	4	3	7	1
7	8	1	5	3	6	2	4	9

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LEADER-POST

\*Fig. 6-2 shows color change after heat treatment.

## THE LEADER-POST proudly presents...

# The Baby Block!

## The Babies of 2013!



James Smith Jr.

January 5, 2013

1 Bro. 1 Sis. 30" long

Grandparents are Bob and Mary Smith



Tracy Johnson

Born  
December 22, 2011  
7 Bro. 3 Sis.  
19" longGrandparents are  
Bill and Susan Johnson

Emily Zimber

Born

January 2, 2013

7 Bro. 3 Sis. 21" long

Grandparents are  
Michael & Susan ZimberGrandparents are  
Kurt and Kim Smith  
and Fred & Abby White

### EARLYBIRD DEADLINE:

Monday  
November 18, 2013  
Final Deadline  
Thursday  
November 21, 2013

**SINGLE SPOT**  
Early Bird Price  
~~\$37.00~~  
After Early Bird  
**\$42.00**

**DOUBLE SPOT**  
Early Bird Price  
~~\$49.35~~  
After Early Bird  
**\$54.80**



Photo of baby book "My Baby's First Year"

All children's annuals featuring babies born during the past year will be published on Tuesday, December 31, 2013. This feature will also be posted online at [LeaderPost.com](http://LeaderPost.com) for all your family and friends to access.

Each book includes pictures to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to legitimize the newest member of your family.

Complete the attached form, include a clear picture of your baby and preparation of your announcement for

### BABIES OF 2013

410 Leader Post Classifieds  
1944 Park St., Regina, SK, S4P 3C4.

Email a jpg photo and your wording to  
[mbaby@postmedia.com](mailto:mbaby@postmedia.com).

Please include your daytime & evening phone number so we can contact you for credit and payment. Or visit us in person at our classified advertising counter Mon-Fri, 8:30 - 4:30.

For further information please contact us at 781-5346.

Framed Announcement: ..... \$11.00 each  
Laminations: ..... \$3.85 each  
\*\*All prices include applicable taxes.



Final Booking Deadline: Thursday, December 5, 2013

PLEASE PRINT CLEARLY! - Please do not include any photos larger than 3x5" if you would like us to use your photo book, please print name and address on back.

Daytime Phone \_\_\_\_\_ Home Phone \_\_\_\_\_  
Customer Name \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_  
Address \_\_\_\_\_  
Email address \_\_\_\_\_

Select from the following options (only 12 front page announcements available):

Front Page \_\_\_\_\_ Inside Full Color \_\_\_\_\_  
Double Spot \_\_\_\_\_ Single Spot \_\_\_\_\_  
Framed Announcement \_\_\_\_\_ Lamination: Blue \_\_\_\_\_ Pink \_\_\_\_\_

(please specify how many!)

### BABIES NAME (AS IT WILL APPEAR IN PRINT):

Date of Birth \_\_\_\_\_ Weight \_\_\_\_\_ Length \_\_\_\_\_  
Click one for your choice of phrasing:  
Framed Parents are \_\_\_\_\_ Son of \_\_\_\_\_ Daughter of \_\_\_\_\_

Or specify alternate wording: "Grandson of Bill and Jean Smith"

If you choose the front Page, Inside Full Color or Double Spot option please include any additional write up about your baby that you would like included in the announcement

Minimum words for Front Page: Inside Full Color and Double Spot - 10 words  
Single Spot - 15 words  
Required to place names only for use can be placed on the same front page announcement.

Payment Method: Visa \_\_\_\_\_ MC \_\_\_\_\_ Amex \_\_\_\_\_ Cheque \_\_\_\_\_  
Credit Card Number \_\_\_\_\_  
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**\$105.00** PER PAGE  
Limited Space

**INSIDE FULL-COLOR SPOT**  
Early Bird Price  
~~\$87.05~~  
After Early Bird  
**\$92.80**

# BLACK FRIDAY

## ONE DAY ONLY!

FRIDAY NOVEMBER 29, 2013 (9AM-6PM)

SALE STARTS 9 A.M. SHARP  
UP TO **70% OFF!**

**PRICES ARE BETTER THAN BOXING DAY! NO REASON TO WAIT!**

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